AMENDMENTS TO THE ABSTRACT OF THE DISCLOSURE

An information transmission source transmission packet at a predetermined time unit into which a preamble is inserted [[,]] and transits transmits it. The information reception target is returns ACK acknowledge (ACK) packet or an NACK a not acknowledge (NACK) packet into which a preamble is inserted. A hidden terminal recognizes that the transmission path is used for data retransmission from when the NACK is received to when the next reception of the ACK is received to avoid collisions. Further, when there is transmission data at the information transmission source specified by a beacon signal, it is recognized that the transmission path is used until the next ACK is received. For example, in an ultra wide band communication method, access control preferably executed with while avoiding collisions communication communications and as well as retransmission control can be is executed.